

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Blood Pressure Screening Every Monday 8:30-10:30am Room 120 Glucose/Cholesterol Screening Every Wednesday 8:30-10:30am Room 120	1 Arthritis Exercise class 9:00-9:45am Room 110 Blood Pressure class 10:00 – 11:00 am – Rm 115 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00pm-2:45pm Rm 110	2 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm Room 110	3 Arthritis Exercise class 9:00-9:45am Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	4 BMI Screening 8:30-10:30am Room 120 Exercise, Fitness & Fun 9:00am-9:45am Exercise Room-110 Arthritis Aquatics -Pool 9:00-9:45am,	5
6	7 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm Rm 110	8 Arthritis Exercise class 9:00-9:45am-Rm110 Men's Health class 10:00am-11:00am-Rm 115 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00pm-2:45pm Room 110	9 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm Room 110	10 Arthritis Exercise class 9:00-9:45am Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	11 BMI Screening 8:30-10:30am-Room 120 Exercise, Fitness & Fun 9:00am-9:45am Exercise Room-110 Arthritis Aquatics -Pool 9:00-9:45am, Room 114	12
13	14 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Memory Screening 10:00-12:00pm-Rm 115 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm Rm 110	15 Arthritis Exercise class 9:00-9:45am-Rm110 ASK A PHARMACIST CLASS 9:00-9:45am-Rm118 Arthritis Aquatics - Pool 1:00-1:45pm Arthritis Exercise class 2:00 to 2:45pm- Room 110	16 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm Room 110	17 Arthritis Exercise class 9:00-9:45am Room 110 Arthritis Aquatics -Pool 1:00pm-1:45pm Arthritis Exercise class 2:00pm -2:45 pm Room 110	18 BMI Screening 8:30am-10:30am-Room 120 Exercise, Fitness & Fun 9:00am-9:45am Exercise Room-110 Arthritis Aquatics -Pool 9:00-9:45am Healthy Eating – Interactive Bingo 10:00-11:00am-Rm 110	19
20	21 Blood Pressure Screening 8:30-10:30am Room 120 Fall Prevention class 10:00 to 11:00am Room 110	22 WALKING 101 9:30 – 10:30am UTHSC Track Diabetes Awareness class 10:00 to 11:00am-Rm 110 Room 110	23 Glucose/Cholesterol Screening 8:30-10:30am Room 120 Men's Health class 10:00am-11:00am Room 118	24 WALKING 101 9:30 – 10:30am UTHSC Track ASK A DOCTOR-CLASS 12:30pm -1:30pm Room 110	25 BMI Screening 8:30am-10:30am Room 120 Healthy Eating – Interactive Bingo 10:00- 11:00am Room 110	26
27	28 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm	29 Arthritis Exercise class 9:00-9:45am-Rm 110 Arthritis Aquatics -Pool 1:00-1:45pm Arthritis Exercise class 2:00-2:45pm Rm 110	30 Exercise, Fitness & Fun 9:00am-9:45am- Room 110 Arthritis Exercise class 11:00-11:45am – Room 110 Arthritis Aquatics - Pool 1:00 -1:45pm Salsa Caliente class 1:45pm –3:15pm	Arthritis Aquatic –Pool 5:30 to 6:15pm 6:30 to 7:15pm Every Tuesday evening	WALKING 101 Tuesday/Thursday 9:30 – 10:30am UTHSC TRACK	